



Amanda Couch:
An Artistic and Autoethnographic
Tale of the Covid-19 Pandemic
Through the Fairy Tale, Rapunzel

STORYTELLING FOR HEALTH AND WELLBEING

11 June 2024

Coronavirus

Did Disney's Tangled predict coronavirus? Fans spot real-life similarities between isolated Rapunzel and the UK lockdown

By Claire Schofield

Published 20th Mar 2020, 13:52 BST

Updated 11th Aug 2020, 15:49 BST



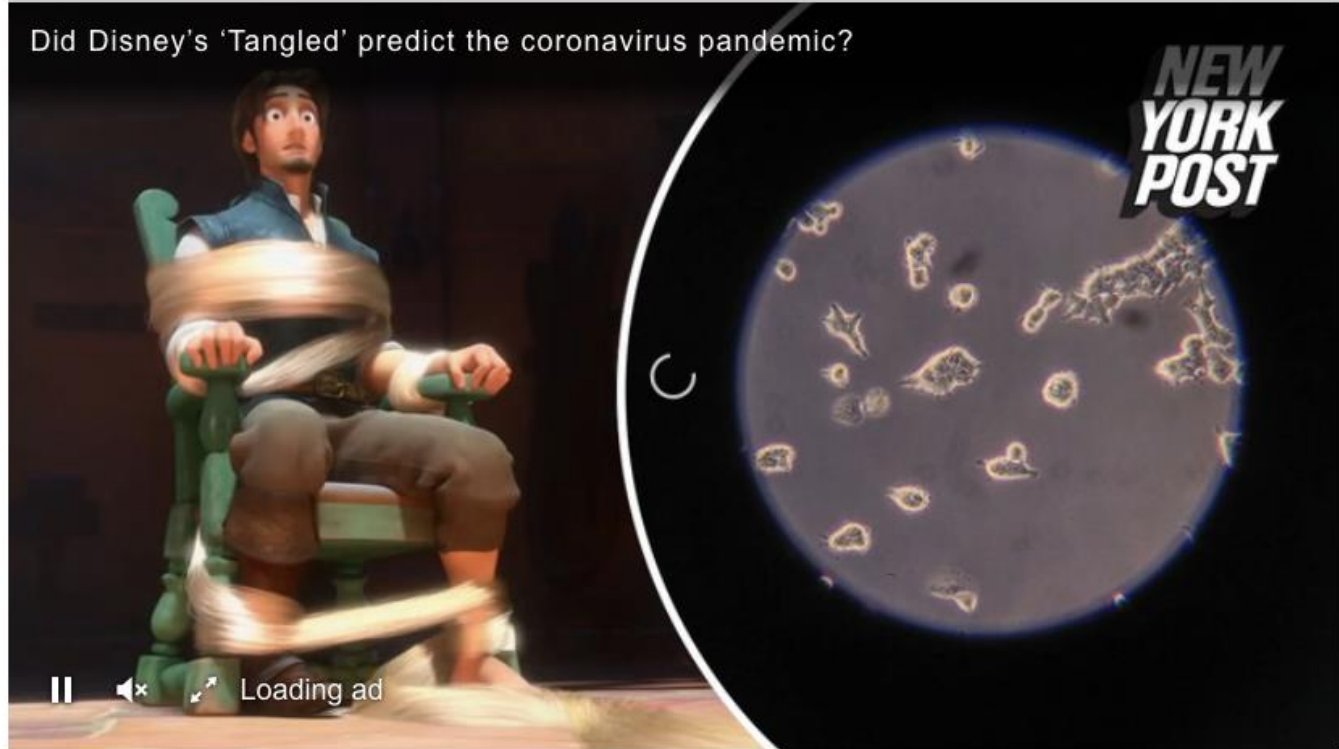
US NEWS

Did Disney's 'Tangled' predict the coronavirus pandemic?

By Yaron Steinbuch

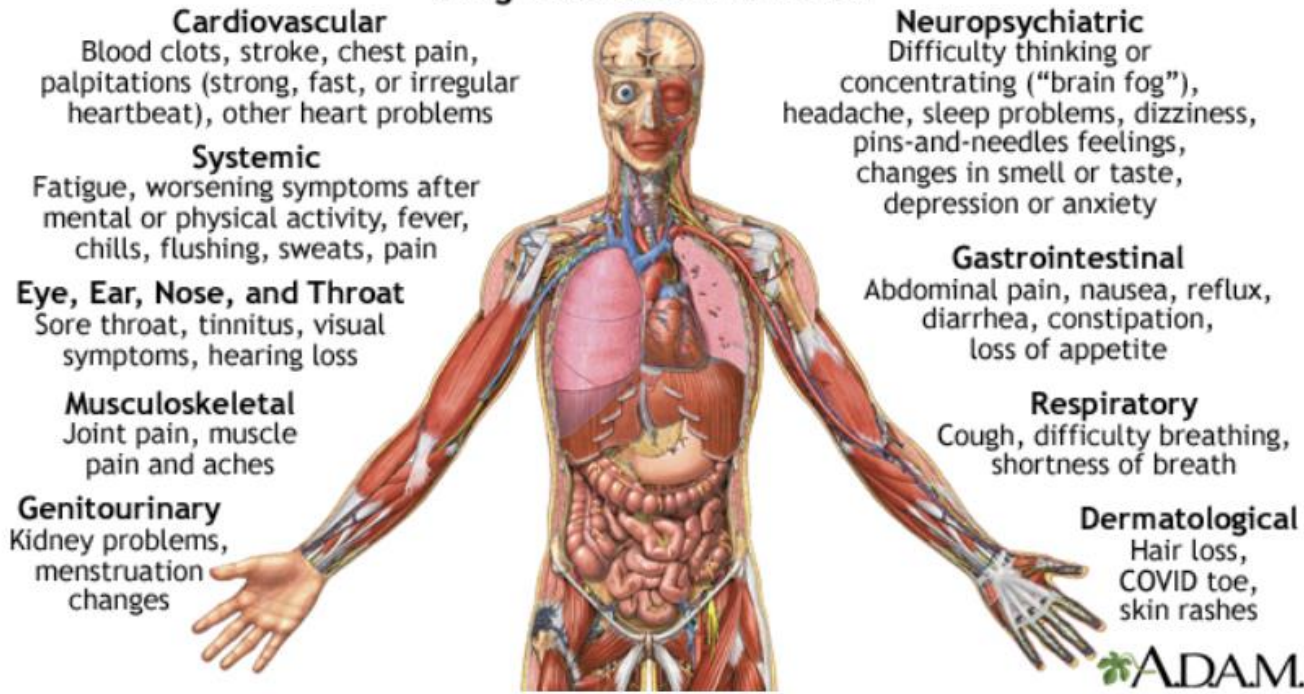
Published March 20, 2020 | Updated March 20, 2020, 1:34 p.m. ET

Did Disney's 'Tangled' predict the coronavirus pandemic?



The similarity between Rapunzel's plight in "Tangled" and the

Long-term effects of COVID



The Washington Post
Democracy Dies in Darkness

amandajcou

'Unusual' cancers emerged after the pandemic. Doctors ask if covid is to blame.

It's not a new idea that viruses can cause or accelerate cancer. But it will probably be years before answers emerge about covid and cancer.



By Ariana Eunjung Cha

June 6, 2024 at 5:00 a.m. EDT

THE TYEE



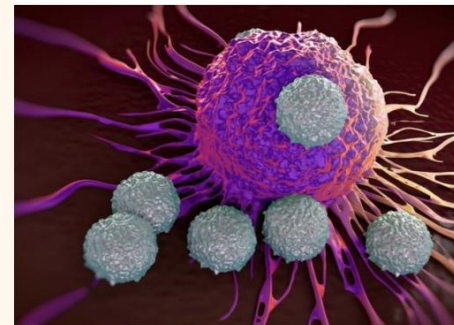
ANALYSIS

What If COVID Reinfections Wear Down Our Immunity?

Dr. Anthony Leonardi is a lightning rod for debate. If he's right, this pandemic poses a greater threat than widely assumed.



Andrew Nikiforuk
7 Nov 2022 TheTyee.ca



T cells are a body's key line of defence against infection. COVID infections can cause them to prematurely age, harm organs and become exhausted, warns Dr. Anthony Leonardi. Image via Shutterstock.

Covid destroys T cells

Covid damages and destroys T cells.

This happens because Covid hyperstimulates T cells—it stimulates them too much.

Why? Covid has the ability to linger in your body and challenge your immune system. When T cells stay activated continuously like this, **they become exhausted and wear down.** And the result is that your immune system gets badly damaged.

Even so-called 'mild' Covid infections can really mess up your immune system. Even people without serious Covid symptoms showed T cell exhaustion in a recent study. 'Exhausted' T cells are those that lose their ability to fight off viruses (and their ability to fight off cancer).

Hyperactivated T cells can also lead to organ damage, leading to serious health issues. In short, Covid is damaging our immune systems.



HEALTH - COVID-19

Long COVID Experts and Advocates Say the Government Is Ignoring 'the Greatest Mass-Disabling Event in Human History'

16 MINUTE READ



Mallory Stanislawczyk, a disabled former nurse practitioner who suffers from post-COVID illness, gives herself a saline infusion in her Walkersville, Md., home on May 27, 2022. Matt Roth—The Washington Post/Getty Images

BY **JAMIE DUCHARME** X SEPTEMBER 19, 2022 12:35 PM EDT

Dr. Ezekiel Emanuel is used to feeling like the only person in the country who still **cares about COVID-19**. He ignores the side-eye he gets for wearing an N95 mask at parties—a self-imposed policy that makes him “look odd” but kept him safe after a recent work dinner turned into a superspreader event. The oncologist, bioethicist, and professor at the University of Pennsylvania provides each of his students with an N95 and runs four HEPA air filters during lectures. He rolls down the windows when he gets in an Uber and goes hungry on planes so he can wear his mask the whole time. He's given up one of his favorite pastimes—dining at restaurants—even now that many people don't think twice about eating indoors.

Opinion Coronavirus

We are all playing Covid roulette. Without clean air, the next infection could permanently disable you

George Monbiot



Thu 26 Jan 2023 12.26 GMT

Share

688

As rich people plough money into ventilation to protect themselves, those with long Covid are treated as an embarrassment





life-writing, an “expanded concept of the autobiographical signature or trace”, which Alexandra Parson’s argues “encompasses every instance of cultural production that involves the representation of a body, relation of life stories or inscriptions that form a record of a life” (2021:10).

LUMINOUS PRESENCE

Derek Jarman’s life-writing

ALEXANDRA PARSONS



Chapter 1. Entrapment



amandacouch_art



amandacouch_art Plaiting spaghetti not sure why! Maybe to make a grain spirit mask to eat or as Rapunzel-style hair/rope to escape #lockdown #becomingwheat

206 w



[Redacted] Oooooooo! 🥰

205 w Reply



[Redacted] Weird and great

206 w 2 likes Reply



The image is a collage of various hair styles and colors. It features several panels of hair, including wavy brown hair, straight dark hair, and straight light brown hair. The text is overlaid on the central part of the collage.

“tied to branches, rooting and tethering me.
Grounding me but also potentially trapping me”
(January 2023.)




The Rebirth of Rapunzel

A Mythic Biography of the
Maiden in the Tower



Kate Forsyth

“a symbol of life and renewal” (Forsyth, 2016:17).



THE POLYPHONY

CONVERSATIONS ACROSS THE MEDICAL HUMANITIES

deep implications
IN CARE WEBS
MedHums 101: What is Crip Time?
Posted On 26 January 2024

“non-normative relationship to linear, chronological time, development, and progress,” embracing “grief time” and “dreaming time”.

Gauthier-Mamaril, E (2024) ‘MedHums 101: What is Crip Time?’ In *The Polyphony*. Available at: <https://thepolyphony.org/2024/01/26/medhums-101-what-is-crip-time/> (Accessed 6 June 2024)



“Growing my hair [which takes about a centimetre a month] would give me time to ponder what this work might look like and with it a new life in this pandemic world” (24 February 2023).

PETROSINELLA
A NEAPOLITAN RAPUNZEL



RETOLD AND ILLUSTRATED BY
DIANE STANLEY



Kinder-
und
Hans. Märchen
Erster Theil.



PERSINETTE
MILLE DE LA FORCE
TRANSLATED BY LAURA CHRISTENSEN

THE TYPES OF THE FOLKTALE

A CLASSIFICATION AND BIBLIOGRAPHY

ANTTI AARNE'S
Verzeichnis der Märchentypen
(FF Communications No. 3)

Translated and Enlarged by
STITH THOMPSON
Indiana University

Second Revision

HELSINKI 1961
SUOMALAINEN TIEDEAKATEMIA
ACADEMIA SCIENTIARUM FENNICA



CINCILLUS
Cesaries, πλοκαμος,
Berenicis crinis, Trica
♄ ♀

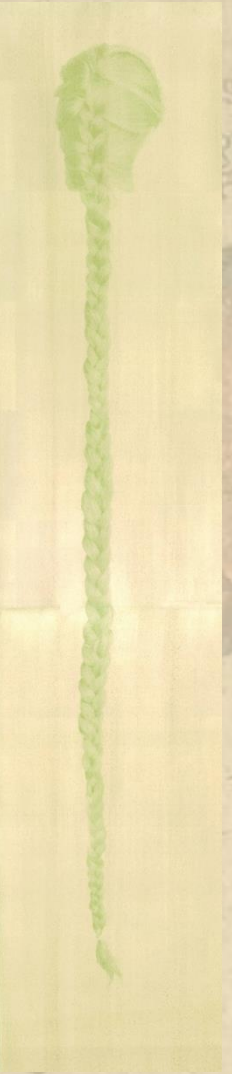


Tropicus Canceri

Deneb Aalezet,
Cauda Leonis
♄ ♀ ♀ ♀



Almucedie
Alraph ♄ ♀





Chapter 2. Loss and Held



REBECCA
SOLNIT

author of
River of Shadows
winner of the
National Book Critics
Circle Award

A
Field
Guide
to
Getting
Lost

"An intriguing amalgam of personal memoir, philosophical speculation, natural lore, cultural history, and art criticism."

—*Los Angeles Times*

'I, like many others who refuse to accept and [conform] to the insanity of our current state, am experiencing the two forms of loss that Solnit writes of: "the familiar falling away" i.e. of all of the usual communal experiences and societal expectations that I am no longer engaging in, and "the unfamiliar appearing" (Solnit, 2005: 22), the discoveries in the landscapes that I am now regularly retreating to' (29 January 2023).



REBECCA
SOLNIT

author of
River of Shadows
winner of the
National Book Critics
Circle Award

A
Field
Guide
to
Getting
Lost

"An intriguing amalgam of personal memoir, philosophical speculation, natural lore, cultural history, and art criticism."

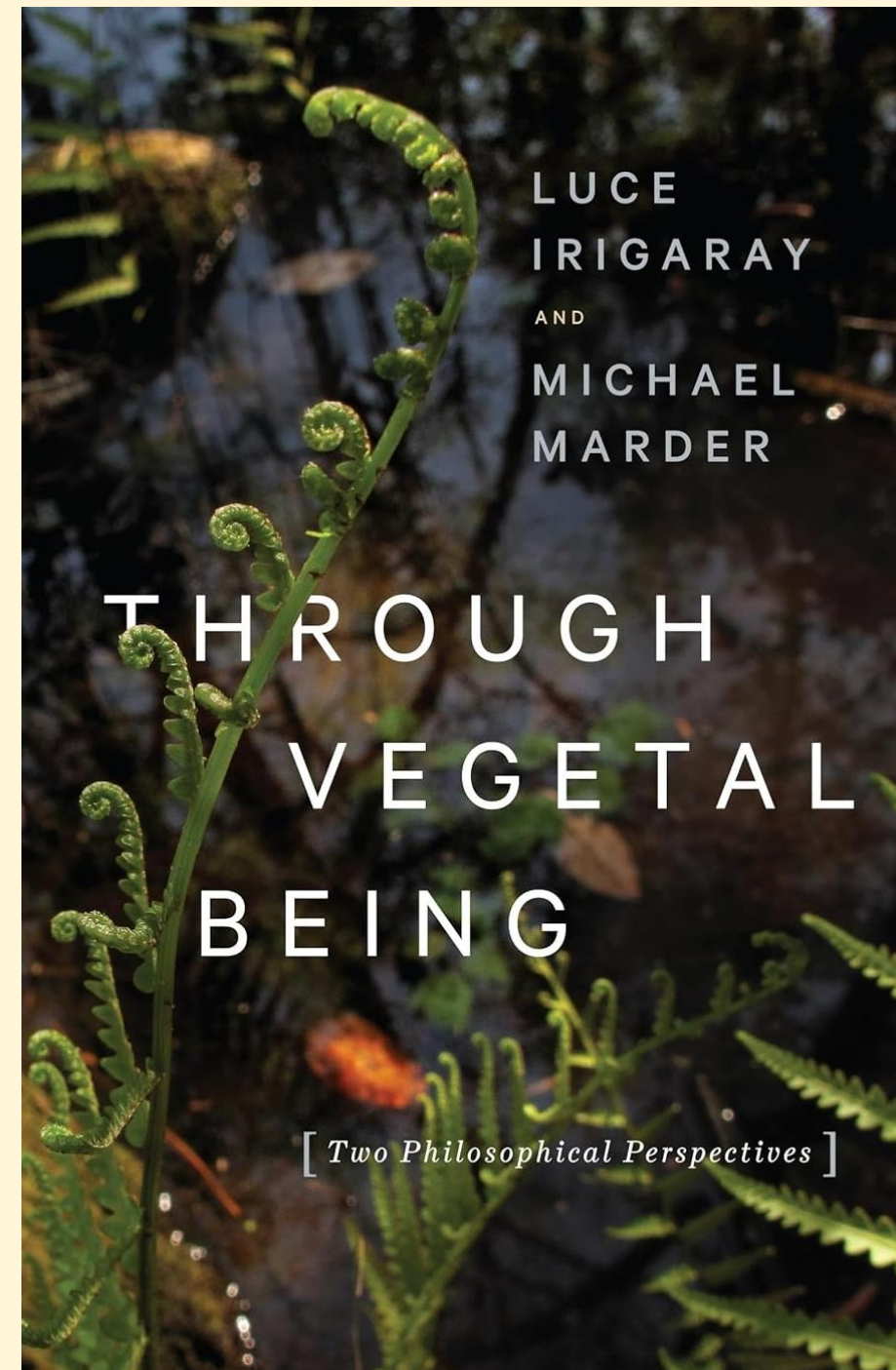
—*Los Angeles Times*

'I, like many others who refuse to accept and [conform] to the insanity of our current state, am experiencing the two forms of loss that Solnit writes of: "the familiar falling away" i.e. of all of the usual communal experiences and societal expectations that I am no longer engaging in, and "the unfamiliar appearing" (Solnit, 2005: 22), the discoveries in the landscapes that I am now regularly retreating to' (29 January 2023).

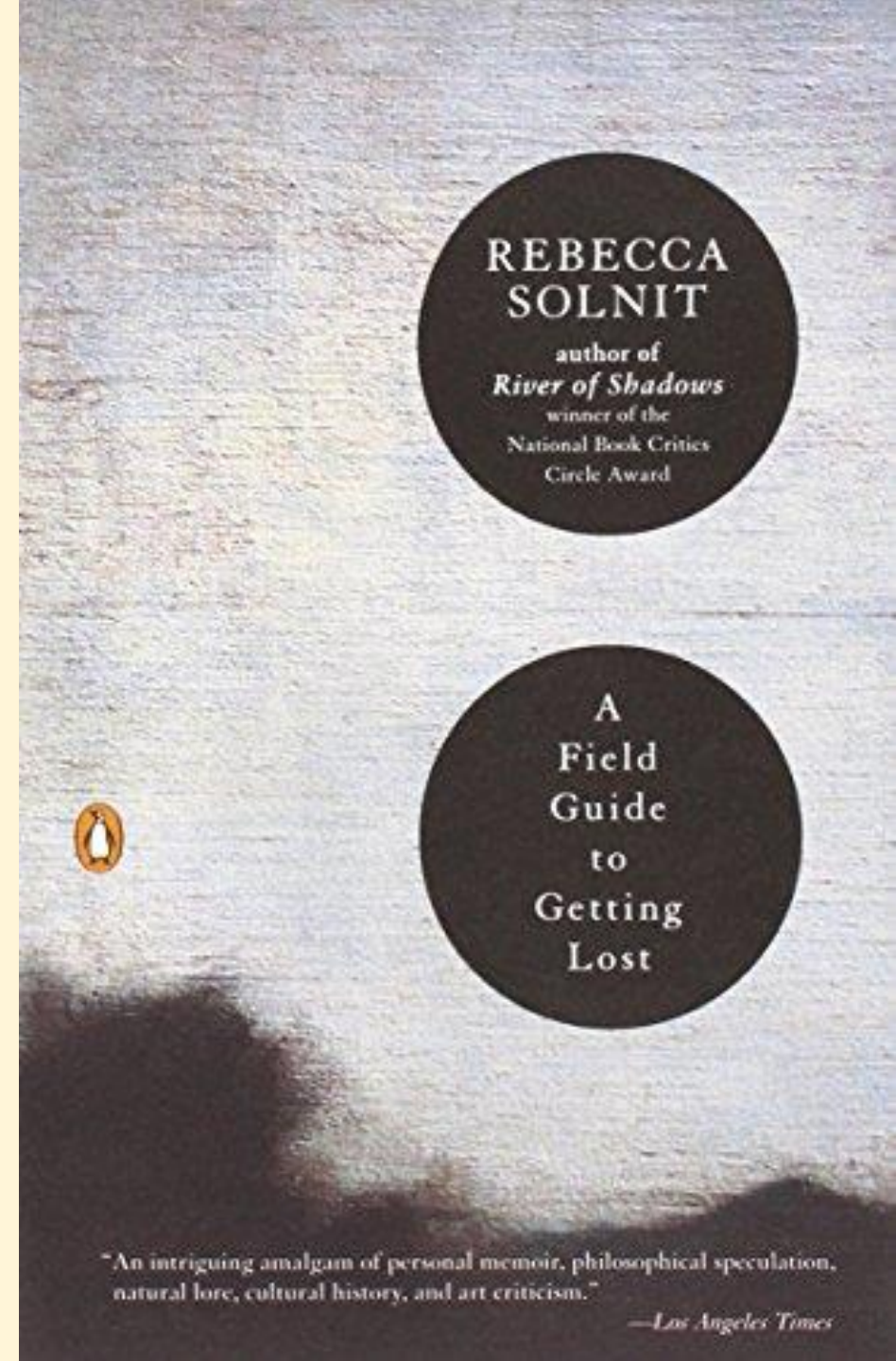
'I am also exploring my inner terrain, where lies dark thoughts and difficult emotions, which I am trying to stay with, rather than distract myself from' (15 February 2023).

“seeking refuge in the natural world” when she was professionally and socially exiled after the publishing of *Speculum...* in 1974.

She declared that “the macrocosm welcomed me to save the microcosm that I was” (Irigaray, 2016:15).



‘Perhaps like a Pit River Indian, I am becoming a wanderer. Referring to Spanish storyteller-anthropologist Jaime de Angulo, Solnit speaks of what happens to a person who “under certain conditions of mental stress [...] finds life in his accustomed surroundings too hard to bear”. She writes, “such a man starts to wander” (Solnit, 2005:19). (29 January 2023).

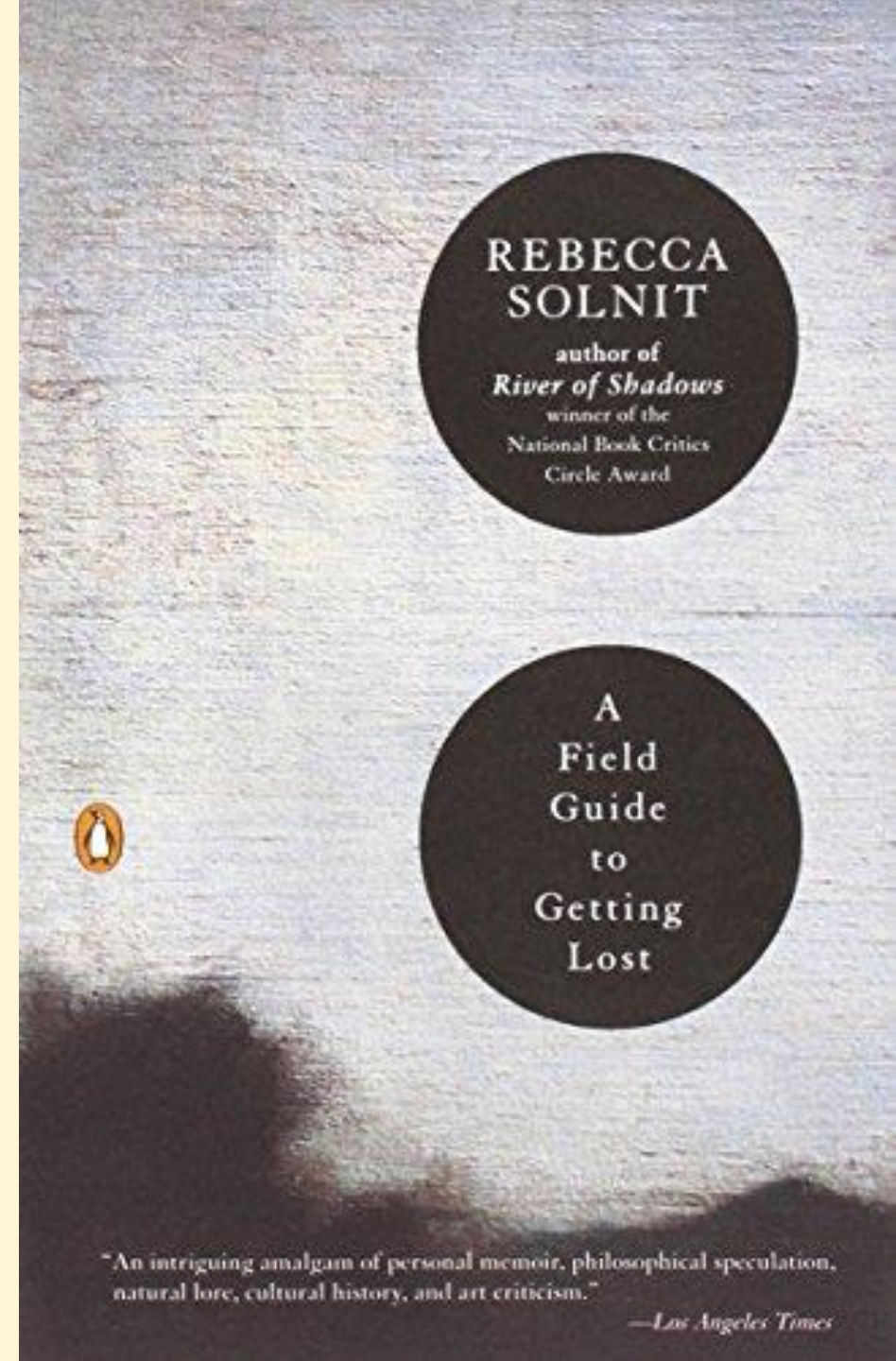


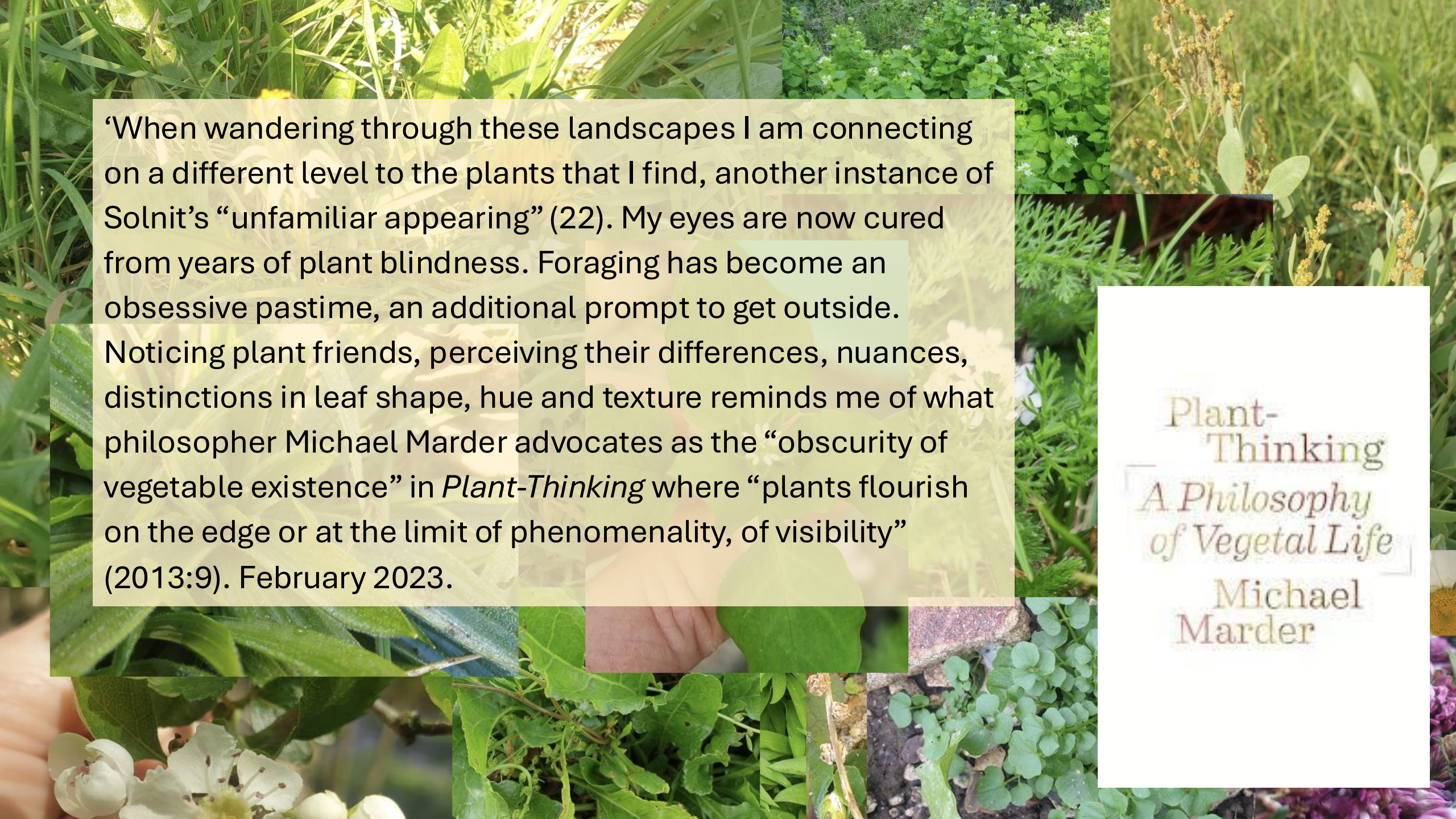
“An intriguing amalgam of personal memoir, philosophical speculation, natural lore, cultural history, and art criticism.”

—Los Angeles Times

Since early in the pandemic, once my agoraphobia began to subside, I have been walking a lot, almost daily. [...] According to De Angulo “wandering can lead to death, to hopelessness, to madness, to various forms of despair...” (Solnit, 2005:19).

In the last few months since lots of the world has clearly had enough of the pandemic and is happy to suffer infection after re-infection with whatever consequence of illness and increase susceptibility to other pathogens not to mention increased risk of organ damage entails.... I am finding this situation too hard to bear and wandering keeps me from falling into madness. [It] helps dissipate the despair’ (29 January 2023).





‘When wandering through these landscapes I am connecting on a different level to the plants that I find, another instance of Solnit’s “unfamiliar appearing” (22). My eyes are now cured from years of plant blindness. Foraging has become an obsessive pastime, an additional prompt to get outside. Noticing plant friends, perceiving their differences, nuances, distinctions in leaf shape, hue and texture reminds me of what philosopher Michael Marder advocates as the “obscurity of vegetable existence” in *Plant-Thinking* where “plants flourish on the edge or at the limit of phenomenality, of visibility” (2013:9). February 2023.

Plant-
Thinking
A Philosophy
of Vegetal Life
Michael
Marder



“To get in touch with the existence of plants” as Marder writes,
“one must acquire a taste for the concealed and the
withdrawn...” (28).

Plant-
Thinking
A Philosophy
of Vegetal Life
Michael
Marder



‘Solnit writes of the Tibetan word for track “shul”, “a mark that remains after that which made it has passed by” (51) the trace of a walker's footprint for example, a scar. But also as an “emptiness [...] of something that used to be there” (51). I am trying hard to figure out how to fill this emptiness, [the] *shul*, left by my pre-pandemic life, a space of [relative] carefreeness [...], filled with a social life [...] of proximity to people. And certainly not a life filled with near constant risk assessment with the threat on one's life and health’ (10 February 2023).



Chapter 3. Transformation





REBECCA
SOLNIT

author of
River of Shadows
winner of the
National Book Critics
Circle Award

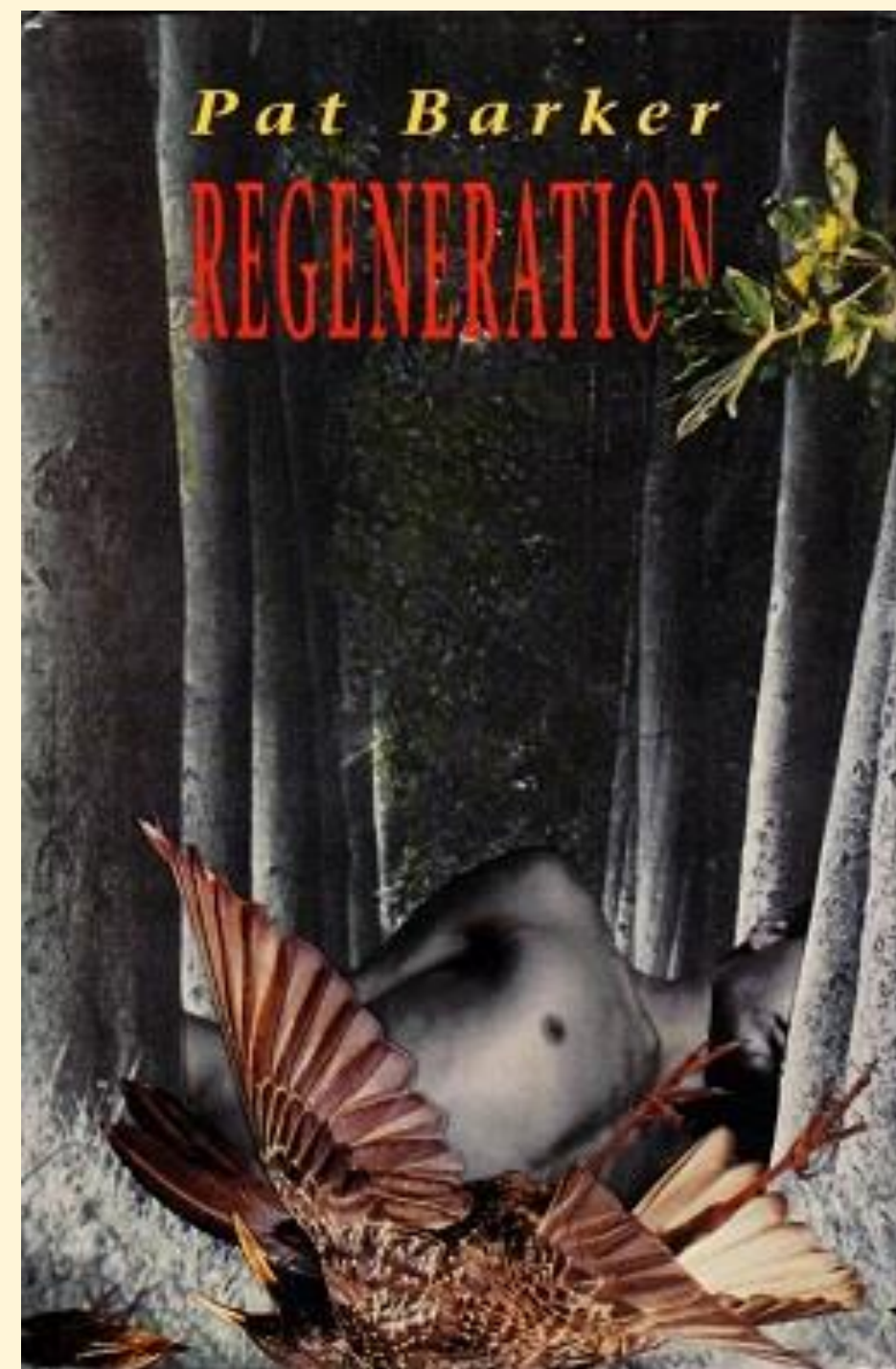
A
Field
Guide
to
Getting
Lost

"An intriguing amalgam of personal memoir, philosophical speculation, natural lore, cultural history, and art criticism."

—*Los Angeles Times*

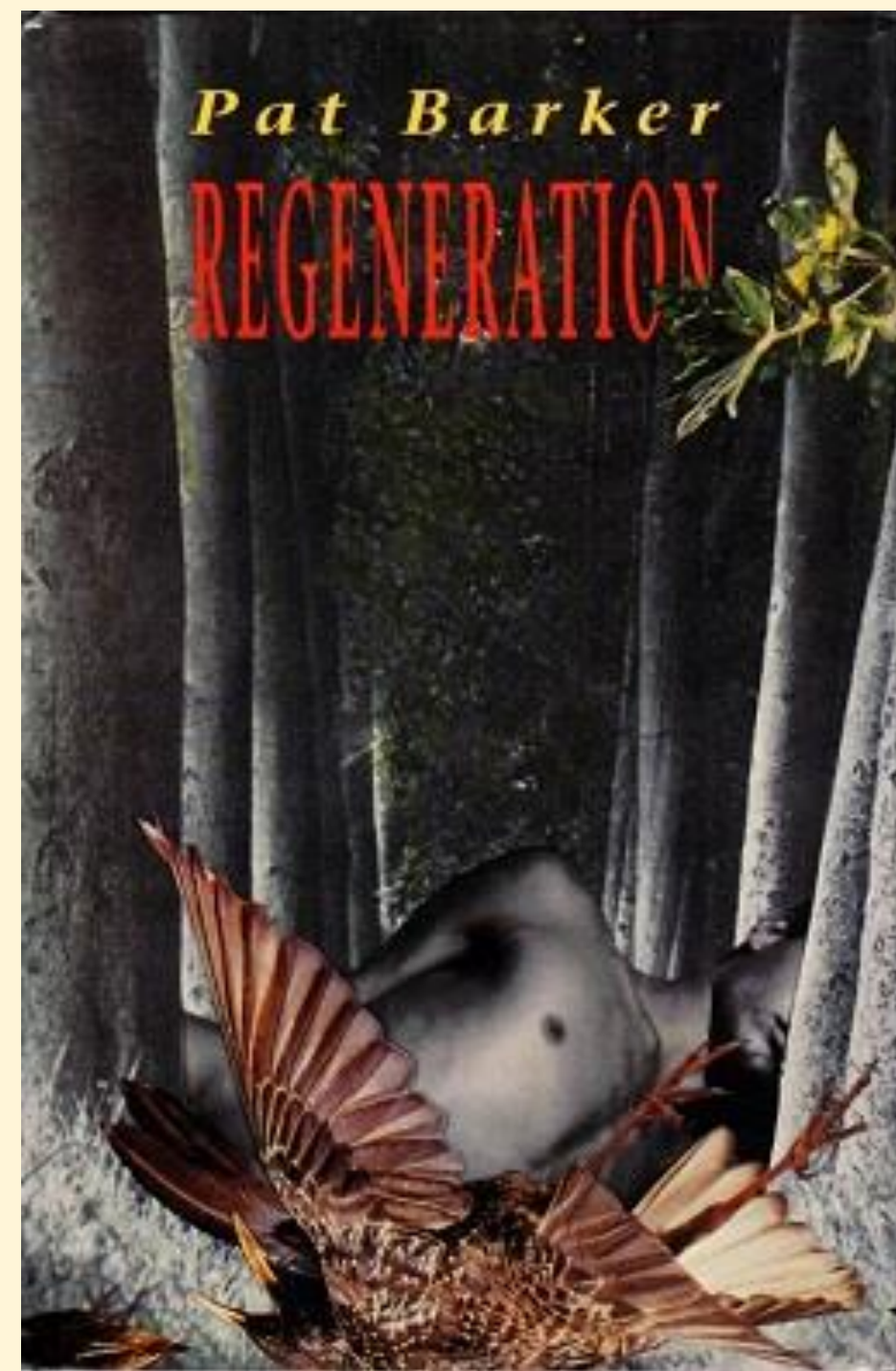
However, "the real difficulties, the real arts of survival seem to lie in more subtle realms" (p. 80) Solnit asserts. I needed to experience a "psychological metamorphosis" to prepare the psyche in order "to deal with what comes next" (p.80), a "cultural metamorphosis," which she asserts, "is far more dramatic" (p.81).

“knew only too well how often the early stages of change or cure may mimic deterioration. Cut a chrysalis open, and you will find a rotting caterpillar. What you will never find is that mythical creature, half caterpillar, half butterfly [...] the process of transformation consists almost entirely of decay” (Barker, 1991 in Solnit, 2005:81).



“knew only too well how often the early stages of change or cure may mimic deterioration. Cut a chrysalis open, and you will find a rotting caterpillar. What you will never find is that mythical creature, half caterpillar, half butterfly [...] the process of transformation consists almost entirely of decay” (Barker, 1991 in Solnit, 2005:81).

‘Perhaps this is why I feel so bad right now. If you open my chrysalis, you will find that I am just brown sludge oozing out, formless and stinking’ (15 February 2023).



The Rebirth of Rapunzel

A Mythic Biography of the
Maiden in the Tower



Kate Forsyth

“transformative journey from stasis and shadows to liberation and light” (Forsyth, 2016:7)

“trapped by their circumstances” (7)

“their own ability to change and grow” (7).

“fairy tales as camouflaged matriarchal myth[ology]”
(6).

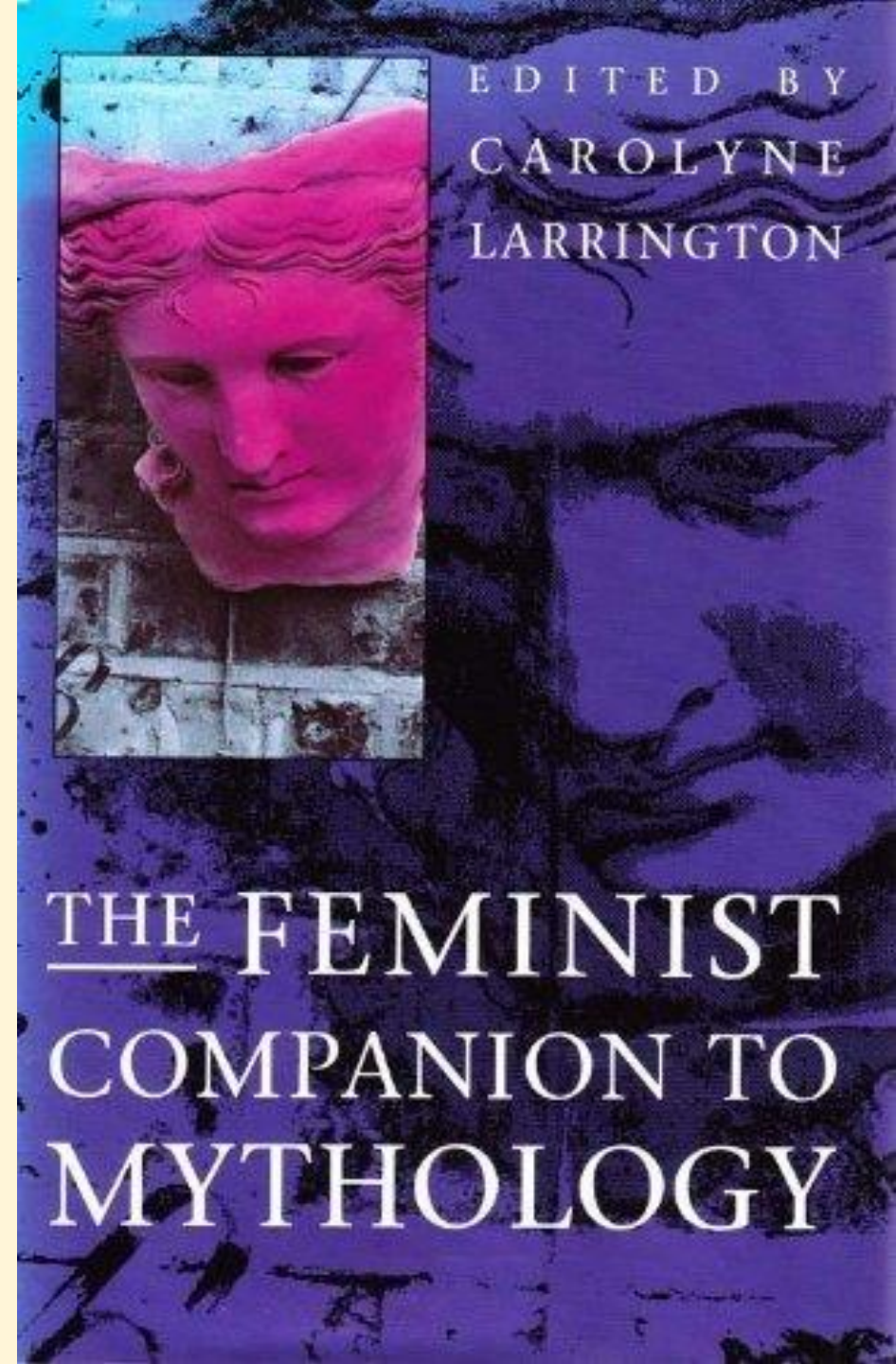
“ancient gynocentric oral tradition [...] of the three
faced goddesses,” Maiden, Women, Crone (6).

JANE CAPUTI

On Psychic Activism: Feminist Mythmaking

“The Crone is the general designation of the third of the Triple Goddess's aspects associated with old age, death, the waning moon, winter and rebirth” (Caputi, 1992:433).

“As a harbinger of rebirth, [her] appearance signals a call to profound transformation and healing” (433).



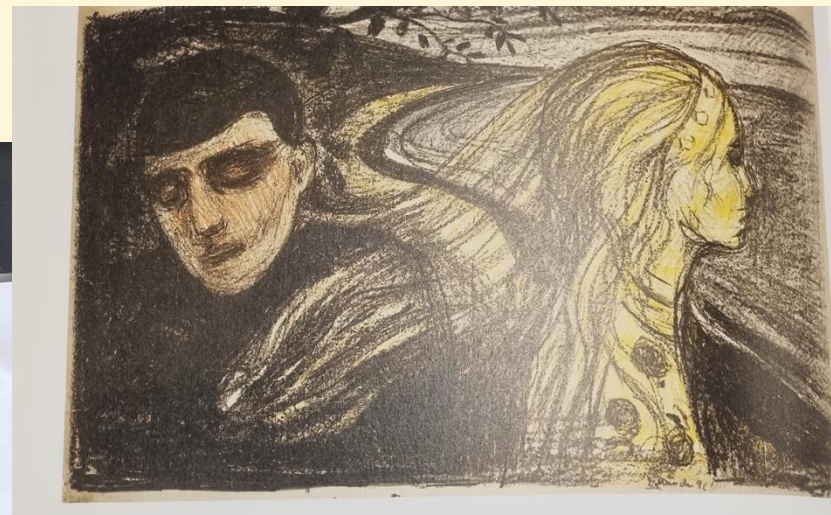
Edvard Munch *The Mirror (Man's Head in Woman's Hair)* 1896 (woodcut), *In Man's Brain* 1897 (woodcut), *Separation II* 1896 (lithograph)



Bruges-la-Morte

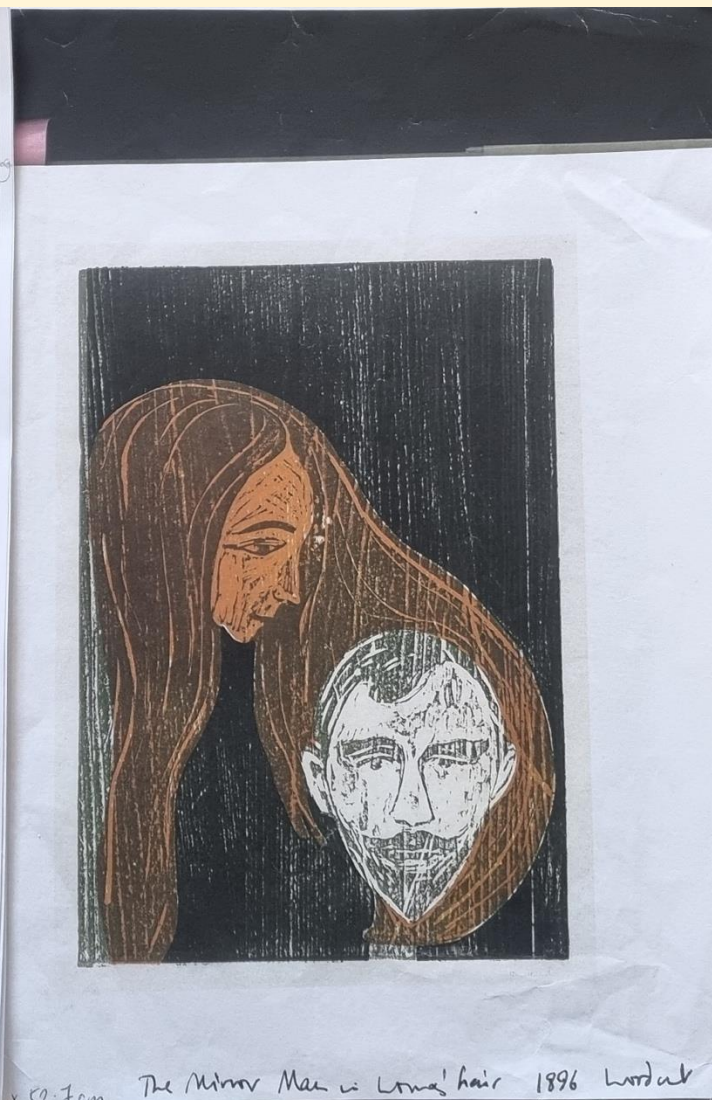
Georges Rodenbach

Translated from the French by Philip Mosley



In Man's Brain 1897 ?

In Man's Brain 1897 - Woodcut printed on red on gray fibrous paper



x 52.7cm *The Mirror Man in Long Hair* 1896 Woodcut



Bruges-la-Morte

Georges Rodenbach

Translated from the French by Philip Mosley

“Leaning over her dead body, Hugues had cut off this spray of hair, braided during the last days of her illness. Is it not one of death’s small mercies that in destroying all, it yet leaves the hair intact? Eyes, lips, all disintegrate but hair even keeps its color. So we survive by hair alone” (2007:18).

Translation by Philip Mosley.



The Metropolitan M...
Shears | Roman P...



Cooney Classics
The History of Sciss...



eBay · In stock
Ancient Roman Merchants Iron Scis...



Science Museum Group Collection
Surgical shears, Roman, 199 BCE-...



Science Museum Group Collection
Surgical shears, Roman, 199 BCE-50...



Science Museum Group Collection
Two pairs of ancient Roman sci...



MultiBriefs
A Brief History of Scissors



BBVA OpenMind
Great Little Inventions: Scissors ...



Wonkee Donkee Tools
What are Shears? - Wonkee Don...



Livius.org
Trapezus, Egyptia...



Quora
Who invented scissors? Wh...



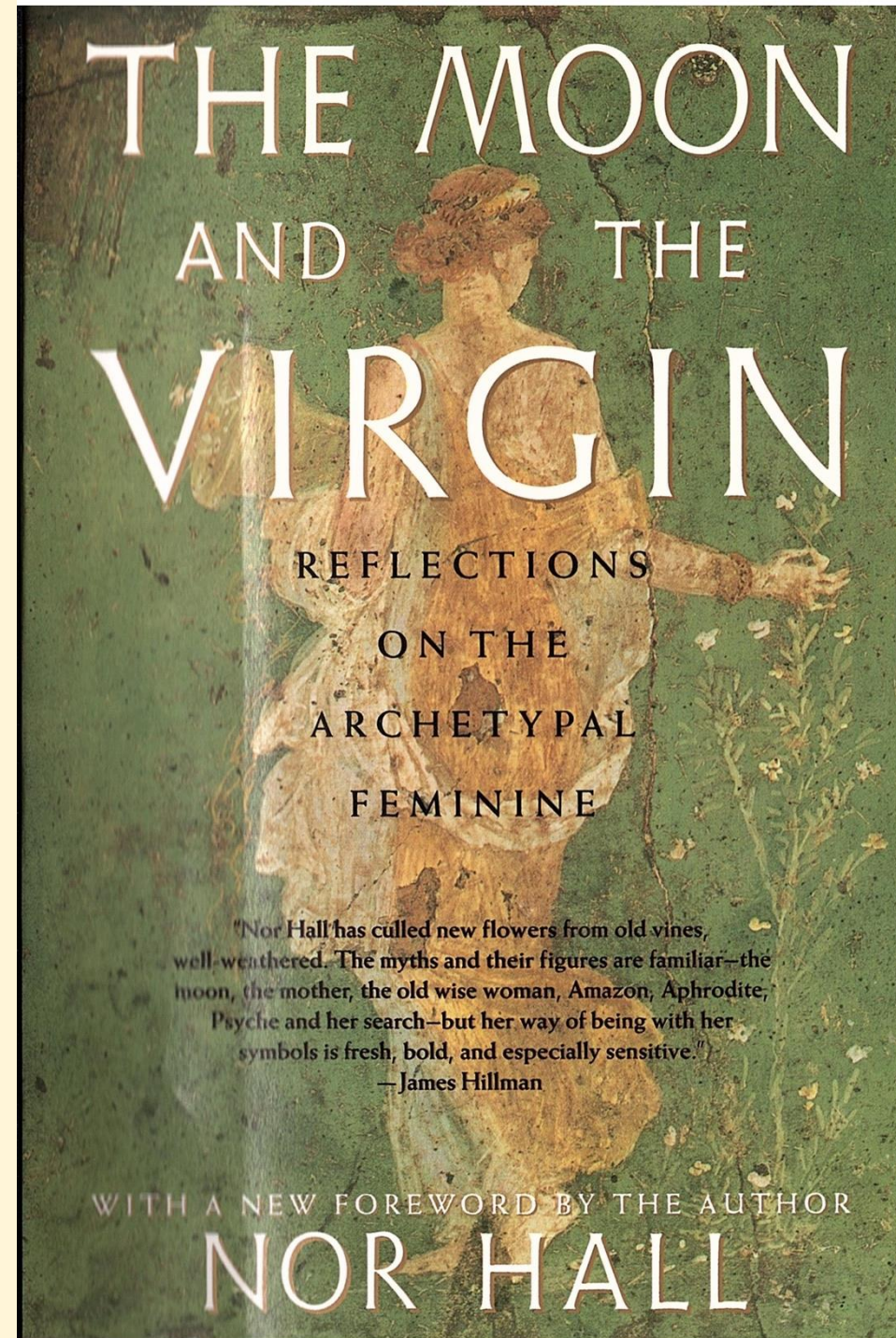
British Museum
scissors (가위 鋏) | Britis...



Four Ottoman calligrapher's scissors from Turkey, 19th century - Sotheby's



The “midwife, to [my] psyche” (197)



THE MOON AND THE VIRGIN

REFLECTIONS
ON THE
ARCHETYPAL
FEMINE

"Nor Hall has culled new flowers from old vines, well-weathered. The myths and their figures are familiar—the moon, the mother, the old wise woman, Amazon, Aphrodite, Psyche and her search—but her way of being with her symbols is fresh, bold, and especially sensitive."

—James Hillman

WITH A NEW FOREWORD BY THE AUTHOR

NOR HALL


Covid Lists




- Novavax
- Mycoplasma Pneumonia
- Research on Covid
- Sources on Masks
- Ordering Masks
- Preprints
- About "Immunity Debt"
- Info on Air Quality
- Studies on Vaccines & Effectiveness
- Covid Experts & Voices
- Covid & Healthcare
- Covid & The Economy
- Other
- Nasal & Throat Sprays
- Avian Flu

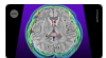
517 bookmarks

Newest

 **From Long COVID Odds to Lost IQ Points: Ongoing Threats You Don't Know About**
 Long Covid
 ineteconomics.org · today at 1:28 AM

 **Pandemic Mitigation Collaborative - COVID-19 Forecasting Model**
 pmc19.com · May 14, 2024

 **COVID-19 Leaves Its Mark on the Brain. Significant Drops in IQ Scores Are Noted.**
 Covid & Nuerological Damage
 scientificamerican.com · May 12, 2024


 **COVID's toll on the brain: new clues emerge**
 Covid & Nuerological Damage
 nature.com · May 12, 2024

Postacute Sequelae of SARS-CoV-2 in Children
 Covid & Children/Adolescents
 publications.aap.org · May 12, 2024

Postacute Sequelae of SARS-CoV-2 in Children
 Covid & Nuerological Damage
 publications.aap.org · May 12, 2024


 **Pandemic Mitigation Collaborative - Data Tracker**
 pmc19.com · Jan 2, 2024


 **Pandemic Mitigation Collaborative - Data Tracker**
 pmc19.com · Dec 22, 2023


 **Global Percentage of Asymptomatic SARS-CoV-2 Infections**
 Sources on Masks
 jamanetwork.com · Dec 12, 2023


Covid Lists




 **Air Changes per Hour Calculator — ACH**
 Info on Air Quality
 omnicalculator.com · Dec 9, 2023

 **Canada Masq Q100 CSA Certified Healthcare Earloop Respirator - XS Kids**
 Ordering Masks
 canadastrong.ca · Dec 9, 2023


 **Experiences of Canadians with long-term symptoms following COVID-19**
 Long Covid
 www150.statcan.gc.ca · Dec 9, 2023


 **Experiences of Canadians with long-term symptoms following COVID-19**
 Long Covid
 www150.statcan.gc.ca · Dec 9, 2023


 **Maximal oxidative capacity during exercise is associated with muscle power output in patients with long coronavirus disease 2019 (COVID-19) syndrome. A moderation analysis**
 Long Covid
 clinicalnutritionespen.com · Dec 8, 2023

 **Incidence and burden of long COVID in Africa: a systematic review and meta-analysis**
 Long Covid
 nature.com · Dec 7, 2023

 **Contrasting mechanistic susceptibilities of hematopoietic and endothelial stem-progenitor cells in respective pathogenesis of HIV-1 and SARS-CoV-2 infections**
 Covid & The Immune System
 frontiersin.org · Dec 6, 2023

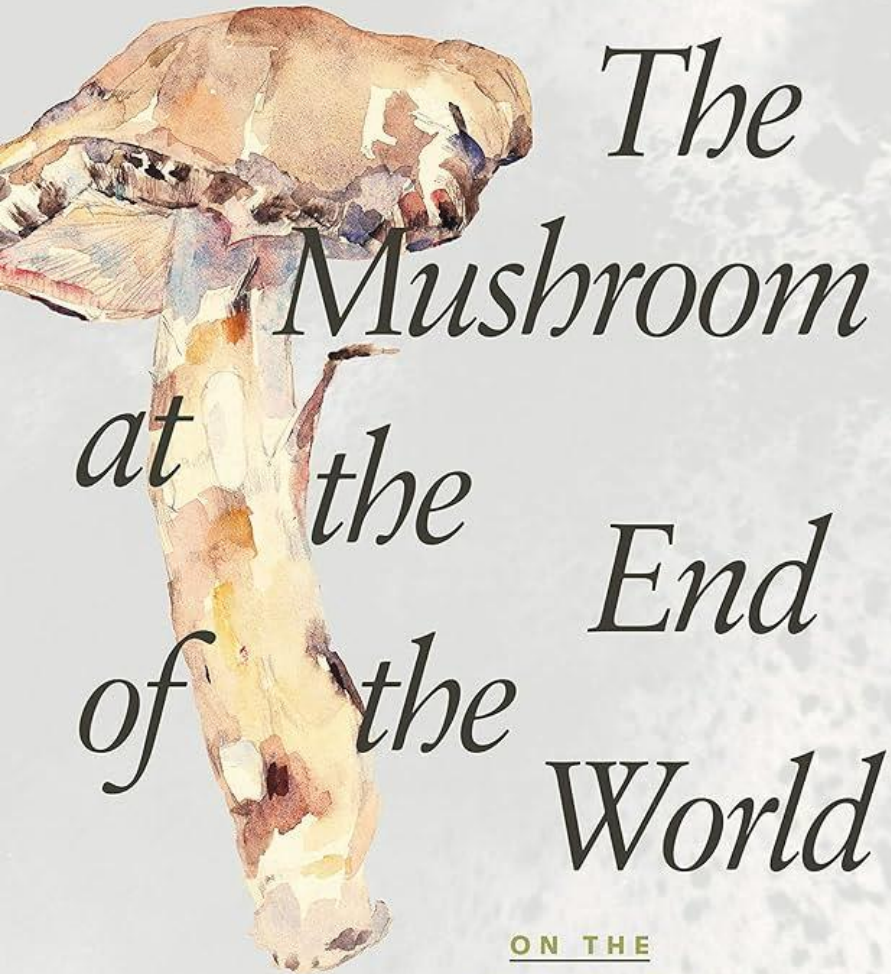
 **Long COVID is associated with severe cognitive slowing**
 Covid & Nuerological Damage
 medrxiv.org · Dec 5, 2023

 (37) Dr. Lisa Iannattone on X: "We're in our *3rd* post-lockdown viral respiratory season and admissions for viral resp illness+pneumonia are 6 standard deviations above the historical average. I do not understand how so many reasonable people haven't figured out that the "immunity debt" scapegoat is disinfo. 🤔" / X
 Covid & The Immune System
 twitter.com · Dec 3, 2023

 **Infectivity of exhaled SARS-CoV-2 aerosols is sufficient to transmit covid-19 within minutes**
 Info on Air Quality
 nature.com · Dec 2, 2023

Conclusion

ANNA LOWENHAUPT TSING



*The
Mushroom
at the
End
of the
World*

ON THE
POSSIBILITY
OF LIFE IN
CAPITALIST
RUINS

precarity *is* the condition of our time” (20).

“thinking [and making] through precarity” Tsing asserts “makes [...] evident that indeterminacy also makes life possible” (20).

LONG COVID SUPPORT <https://www.longcovid.org> DONATE 

Support ▾ Awareness ▾ Research ▾ Impact ▾ About Us ▾ Get Involved ▾ Shop **JOIN US**



1000s of people with #LongCovid need:


Rehab - Research - Recognition

JOIN OUR SUPPORT GROUP

Long Covid Support is a charity registered in England and Wales

COVID ACTION The campaign to beat the pandemic

Home Join! About ▾ News & Analysis Topics ▾ Videos Resources Events Donate Contact 🔍 Search



Comment

Long Covid: the silent pandemic crippling Britain's economy and lives

10 MAY 2024 / TERRY CONWAY

The Guardian



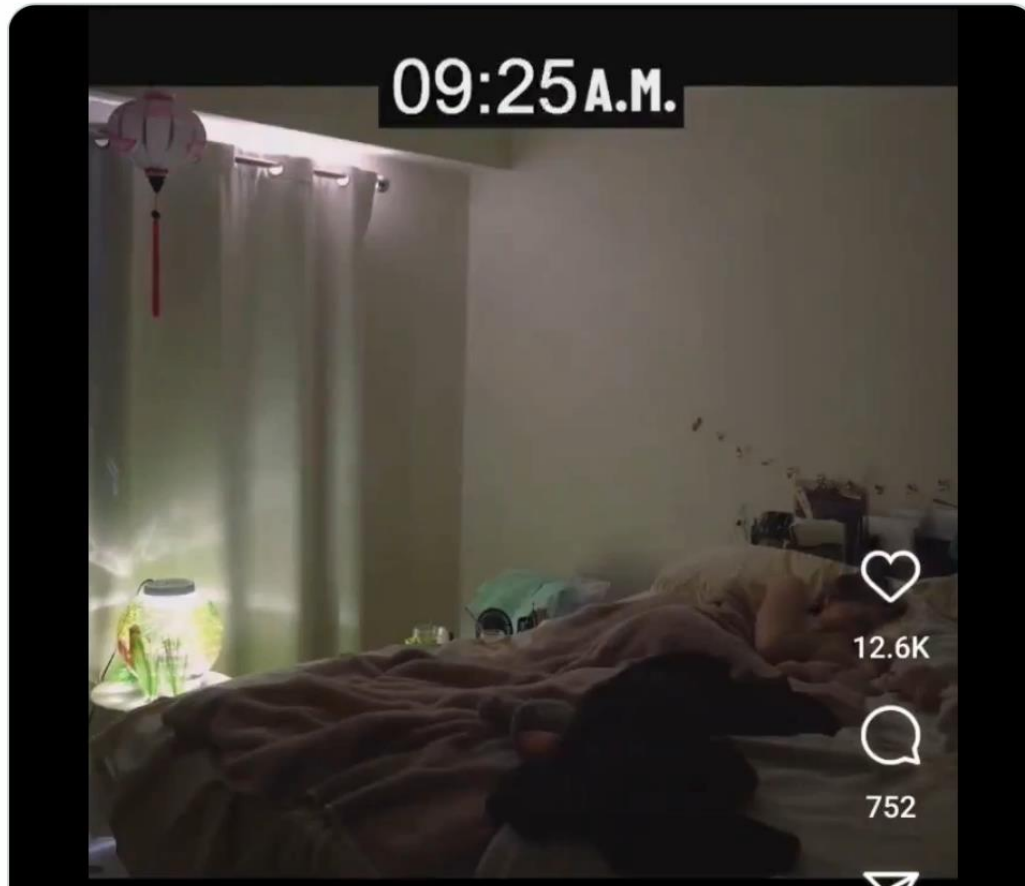
Life with long Covid

'I could bench-press 100kg. Now, I can't walk': Lucy's life with long Covid

Dianna Cowern reposted

Danielle Beckman ✓
@DaniBeckman

Imagine being a badass scientist, MIT Physics, Forbes 30u30, and having millions of followers on multiple social media communicating about sciences. Just married, full of hopes and dreams. Suddenly, this is everyday life for you. This is the reality of [@thephysicsgirl](#) and so many others. It can happen to anyone. [#LongCovid](#) [#NotjustaFlu](#)




09:25 A.M.

12.6K

752

<https://x.com/DaniBeckman/status/1797687771764846738>

0:53 [thephysicsgirl](#)  **Follow**

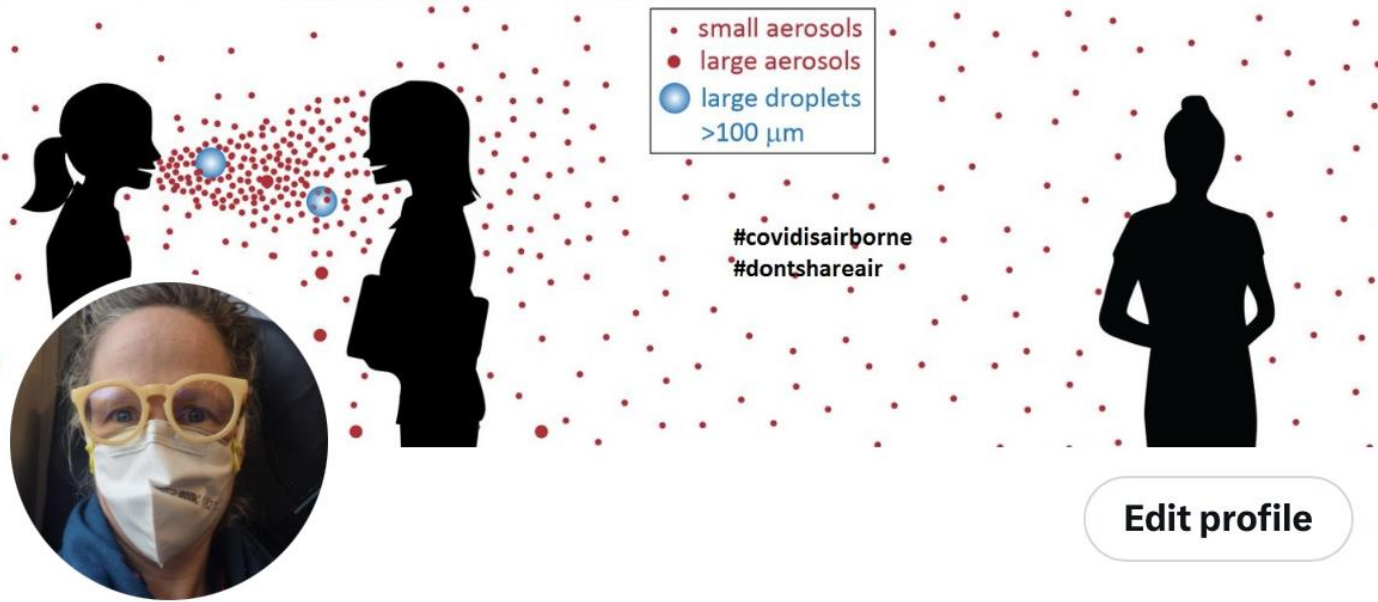
449



Amanda Couch #CovidIsNotOver #maskasresistance

1,979 posts

Graphic by Prof. Linsey Marr, published in [https://www.journalofhospitalinfection.com/article/S0195-6701\(21\)00007-4/fulltext](https://www.journalofhospitalinfection.com/article/S0195-6701(21)00007-4/fulltext)



Amanda Couch #CovidIsNotOver #maskasresistance 🧐

@amandajcouch

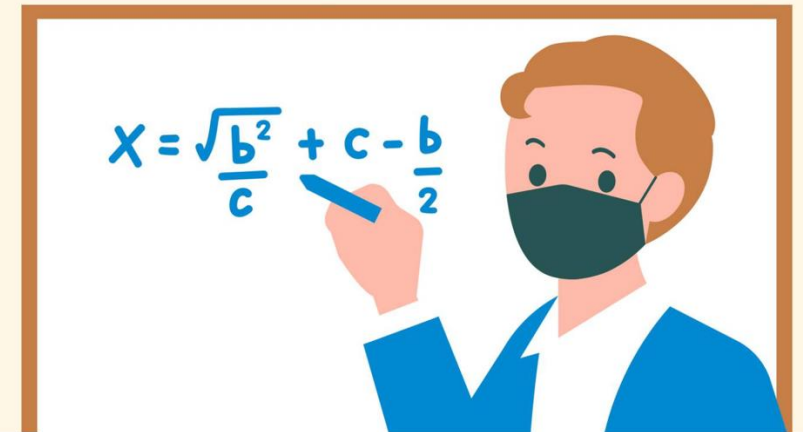
she/her - Artist, researcher and lecturer. explores COVID hellscapes, wild/commons food, books/bodies, digestion/eating, divination, becoming with wheat

📍 Surrey, UK amandajcouch.wordpress.com 📅 Joined July 2014

1,853 Following 831 Followers

April 2024:

- 232,112 people killed by the virus.
- Long Covid sufferers in England and Scotland - at least 2 million.
- approximately 1 in every 32 people.
- Over 111,000 children.
- Over 200 million people with Long Covid globally.



Still COVIDing - Academia

Private group · 519 members



+ Invite Share Joined

Bibliography

Rebecca Solnit (2005) *A Field Guide to Getting Lost*

Kate Forsyth (2016) *The Rebirth of Rapunzel*

“ (2013) *Bitters Greens*

Alexandra Parsons (2021) *Luminous Prescence: Derek Jarman’s Life-Writing*

Anna Tsing (2015) *The Mushroom at the End of the World*

Nor Hall (1994) *The Moon and The Virgin: Reflections on the Archetypal Feminine*. Perennial

Ursula K. Le Guin’s (1988) ‘The Carrier Bag Theory of Fiction’

Octavia E. Butler (1993) *Parable of The Sower*

Sharon Blackie (2022) *Hagitude*

Starhawk (1990) *Dreaming the Dark*

Jane Caputi(1992) ‘On Psychic Activism: Feminist Mythmaking’ in *The Feminist Companion to Mythology*

Katherine May’s *Wintering* (2020)

Mia Mingus (2022) ‘You Are Not Entitled To Our Deaths: COVID, Abled Supremacy & Interdependence’

<https://leavingevidence.wordpress.com/2022/01/16/you-are-not-entitled-to-our-deaths-covid-abled-supremacy-interdependence/>

The Red Clarion (2023) ‘Let them Eat Plague’ <https://clarion.unity-struggle-unity.org/let-them-eat-plague/>

Some Covid-aware resources:

- Still COVIDing Academia Facebook group:
https://www.facebook.com/groups/902393987607413/?paipv=0&eav=AfYk4-oUodhb1NoFmMWRcChcbduSc9Sxn4XvSPWI1XXhZxqeBVrxDkTf-SVSWsdsstw&_rdr
- Link to the letters I have written to the media over the last 3 years:
<https://docs.google.com/document/d/1N40eQg9tqCPm9QvylbbrP73zM0Vo2tNU4itvjOU4Nck/edit?usp=sharing>
- So very virtual links to get started:
https://open.substack.com/pub/theclarel/p/pandemic-resource-roundup?r=7pjqx&utm_campaign=post&utm_medium=web
- How to Talk to Your Loved Ones About Covid: <https://covid.tips>
- Anthology of research on Covid compiled by Jessica Wildfire:
https://raindrop.io/JW_Lists/covid-lists-30427555?utm_source=substack&utm_medium=email



Thank you

UCARO:

https://research.uca.ac.uk/cgi/search/simple?q=Amanda+Couch&action_search=Search&order=bytitle&basic_srctype=ALL&satisfyall=ALL

Instagram: [@amandacouch_art](https://www.instagram.com/amandacouch_art)

FB: <https://www.facebook.com/amanda.couch.96>

Twitter/X: [@amandajcouch](https://twitter.com/amandajcouch)

Eventbrite booking for Commons Feast Virtual Monthly Meet-up

[Commons Feast Virtual Monthly Meet Up:](#)